



Breast Awareness Newsletter

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Northwest Lead Agency

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Special points of interest:

- * Distinguished visitors at Madigan
- * New Mammogram Self-Referral Program
- * Nurses to speak at conference
- * Breast cancer risk assessment project at Bremerton Hospital

Mammogram Self-Referrals

Region 11 begins Mammogram Self-Referral Program.

Earlier this year Naval Hospital Bremerton and the 92nd Medical Group, Fairchild Air Force Base began targeting an underserved women within the Tricare eligible population. Both bases began an aggressive outreach program using letters and follow-up phone calls to encourage women not currently receiving routine screening mammograms to participate in the new self-referral program.

This program is not intended to take the place of a regular yearly examination with a primary care manager or gynecologist, but is targeted to capture those women who are not taking advantage of regular healthcare screening. It is the hopes of the program that the women coming in for mammograms under the self-referral program will then take a greater interest in their healthcare and establish routine healthcare maintenance visits with their PCM or other provider.



Mammogram Self-Referrals to be available for eligible beneficiaries.

Madigan Army Medical Center plans to institute a similar program within the next few months for non-participating eligible beneficiaries. The program will include a nurse practitioner in Mammography who will perform the clinical breast exam and refer the patient for mammography. The patient will be advised to continue health maintenance with their primary care manager.

Dignitaries Include Madigan Women's Breast Health Program on Upcoming Tour

Madigan Army Medical Center was pleased to have Mrs. Kuldeep Kaur, spouse of LTG Surjit Singh, Western Army Commander, Indian Army, on tour 7 December. She was accompanied by Mrs. Toni Hill, Spouse of LTG James T. Hill, CG, HQ I Corps and Ft. Lewis, Mrs. Sybil Brandenburg, Spouse of BG Bill Brandenburg, DCG for Tng and Readiness, HQ I

Corps and Ft. Lewis, Mrs. Ida Deal, Spouse of COL Virgil T. Deal, Cdr, MAMC, Mrs. Gloria Montes, Spouse of COL Porfinio Montes, IG, Ft. Lewis. The tour included the Women's Breast Health Program. Genevieve Fuller, ARNP, Nurse Coordinator, Breast Diagnostic Center, conducted this portion of the tour.

Mrs. Kuldip Kaur, President, Indian Army Welfare Association

Mrs. Kuldip Kaur, by virtue of being wife of Lieutenant General Surjit Singh, is the President of Western Command Army Wives Welfare Association. As president of the Army Wives Welfare Association, she has taken a keen interest in spearheading vocational training and education with a view to empower women. She has worked extensively for the welfare of Army Wives, especially War Widows. Through her efforts, many a Kargil widows have been rehabilitated. She has an unwavering commitment towards the betterment of the mentally and physically challenged through the chain of specialized schools, many of which have been opened under her able guidance.

Mrs. Kaur's wide range of interests include protection of the environment, ecological degradation, and promotion of health awareness amongst families. She has traveled far and wide throughout the country, even to far-flung remote areas. What gives her most satisfaction is to empower women and make them financially and mentally independent.

Her visit to Madigan included a brief organization overview and tour, to include the Exceptional Family Member Program (EFMP) and the Women's Breast Health Program.

Breast Cancer Pathways Chosen for MHS Initiative

The Military Health System (MHS) community has implemented many innovative programs to increase access to care, improve quality of care, increase customer satisfaction, and use resources more efficiently. But often one facility doesn't know what another has accomplished. Why "start from scratch" if someone else has lessons learned to share?

That's where the Health Care Reengineering (HCR) Program comes in. They link people and ideas. This Web site can help reengineer processes—whether they are incremental improvements or radical transformations. As part of the Optimization and Integration Directorate our office also presents ideas received to senior leaders as potential MHS-wide solutions.

Madigan's Breast Cancer Diagnostic and Clinical Pathways certainly fits the bill and has been selected for inclusion in the MHS Health Care Reengineering program. The program uses a multidisciplinary approach to the diagnosis and treatment of breast cancer which provides a systematic algorithm. It provides fast and convenient access to mammography, detecting breast cancer at the earliest stage, optimizing treatment, and enhancing quality of life.

In the first seven years of the program, approximately 450 women entered the pathways.

This coordinated approach has led to a reduction of potential risk management problems and has ensured that the patients receive personalized care. Jenny Fuller, ARNP, nurse coordinator for the Breast Diagnostic Pathway and Cynthia Toft, RNC, nurse coordinator for the Breast Cancer Clinical Pathway are the team leaders for this program. Without their quality nursing management of these very special women, the program would not be the success it is today.

The Initiative HCR Reference Number 01a50 may be viewed at www.tricare.osd.mil/hcr/ and will be one of many such initiatives being scrutinized for selection as a poster presentation at the National Tri-care Conference held in February 2002, Washington DC.

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Madigan Breast Cancer Pathways in running for Tricare National Conference presentation.

Bremerton Implements Breast Cancer Risk Assessment Tool

Naval Hospital Bremerton is leading the way to Breast Cancer Risk Assessment by including an assessment at time of screening mammogram. Dr. Christine Hunter, Commander of the facility, is an Oncologist and has been instrumental in the implementation of this program. The Gail Risk Assessment Model is designed to give a 5-year and lifetime breast cancer risk assessment by having a woman answer a few simple questions. The tool is not designed to be all inclusive, but does help the patient make certain healthcare decisions based on the results.

Deni Lee, Lead Mammography Technologist, is tasked with having each woman presenting for a mammogram fill out a simple questionnaire. Mrs. Lee then compiles the data into the risk assessment tool which computes the 5-year and lifetime risk. She logs the results into the computer which is later printed on the final mammogram re-

sults. Once the results are sent to the primary care manager, a determination of the counseling need (if any) is made. High risk patients may be seen by Dr. Hunter and/or Sarah Bradford, Madigan Genetics Counselor. The tool is provided to primary care managers via computer for clinic use also.

Far from alarming patients, in many instances the results have given reassurance to a decreased risk for breast cancer. ... puts the risk of breast cancer in proper perspective.

Bremerton also offers classes to the public in risk assessment.

Gail Risk Assessment puts the risk of breast cancer in proper perspective.

Camisole Project Well Underway

The Softee II Camisole Project is on its way at Madigan. Cynthia Toft, RNC, Breast Cancer Clinical Coordinator has given a "starter" camisole to several recovering mastectomy patients. The camisoles are designed to be worn during the first few weeks after surgery when a regular bra and prosthesis are too uncomfortable on a new surgical site. Mrs. Toft spearheads efforts to raise money to purchase the product. Funds collection was off to a good start with a bake sale as well as a private donation. Pfizer, Inc., a pharmaceutical company, recently set up an unrestricted grant allowing funds to be put in this program.

While the Softee II is designed to benefit the breast surgery patient during the early healing period, many women find that they are still wearing Softees long after they have been fitted with bras and prostheses because they are so comfortable for casual wear. The product is sized from petite to extra large and is available in white, pink, black, and beige.

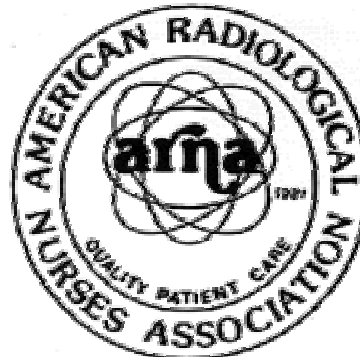


Wearing of the Softee Camisole demonstrated

Nurses Selected as Conference Speakers

Genevieve Fuller, ARNP, Cynthia Toft, RNC, and Helen McGregor, ARNP have been asked to present "A Multidisciplinary Approach to the Diagnosis and Treatment of Breast Cancer" at the American Radiological Nurses Association's 20th Annual Meeting and Educational Program to be held April 7-11, 2002 in Baltimore, MD.

The team has been actively marketing the Breast Diagnostic and Breast Cancer Clinical Pathways to the military and civilian medical arena. The pathways have been in use in Region 11 for nearly 7 years now and have



been proven to enhance the care of women presenting with breast abnormalities and are very cost effective.

The Madigan multidisciplinary pathways have been publicized at many events, conferences and nominated for various awards during the past several years.

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**Breast Cancer
Program**

Please feel free to submit information for inclusion in the monthly newsletter. Submissions may be sent to <helen.mcgregor@nw.amedd.army.mil> Be sure to include contact information.

Clinical Breast Examination Course

Clinical Breast Examination Course to be offered throughout Region 11.

The MammaCare method of breast examination is being taught to providers in Region 11 starting at Madigan. The classes are 4.5 hours in length including diadactic and performance modules. The Clinical Breast Exam course is designed to be taught to those people, physicians and other medical personnel, who conduct clinical breast examinations on patients. Trainers will be available at Madigan and Bremerton in the early stages of the program.

The course has been very well accepted. Dr. George McClure, Chief, OB/Gyn at Madigan, has asked to schedule the interns in his program to attend the classes. Dr. Paula Dennerlein, Chief, Adult Primary Care Clinic, wants

to offer the course to the providers in her area. Individual providers have expressed a desire to enroll in the course to sharpen their skills.

MammaCare teaches a palpation and search procedure designed to insure contact of the trained fingers with every cubic millimeter of breast tissue. The result is a clinical breast examination that meets the needs of today's health care professionals.



Teaching the MammaCare Method of Clinical and Self Breast Examinations

An integral part of the course is allowing the participants to perform the clinical breast examination on a volunteer. The call for volunteers has been overwhelming and much appreciated.

Classes will be conducted December 19, January 9, 16, 23, 30, and February 13, 20, and 27 beginning at 8:00am. **POC—Helen McGregor: (253) 968-3405**